

“EFFECTIVENESS OF MULLIGAN’S TWO LEG ROTATION AND BENT LEG RAISE TECHNIQUES IN SUBJECTS WITH ACUTE NON SPECIFIC LOW BACK PAIN IN IMPROVING HAMSTRINGS FLEXIBILITY”

RAJALAXMI. V, S. VEENA@KIRTHIKA & G. YUVARANI KOMAL KUMARI

Faculty of Physiotherapy, Dr MGR Educational and Research Institute, Chennai, Tamil Nadu, India

ABSTRACT

Background and Objective

The flexibility of the Hamstrings provides for a functional mechanical advantage, while tight or shortened hamstring muscles adversely affect Spinal mechanics. Mulligan’s techniques are approach in treatment of ham string tightness in NS-LBP such as Mulligan’s Bent Leg Raise (BLR) technique, Limited Literature is available on the efficacies of Mulligan’s Two Leg Rotation (TLR) technique in Hamstrings flexibility. The objective of the present study was to determine the effectiveness of Mulligan’s TLR and BLR in treatment of acute NS-LBP.

Methods

The present study was conducted among 30 subjects which included both male and female symptomatic subjects between the age of 18 to 35 years with acute NS-LBP and they were randomly divided into 2 groups namely Group A [SWD, Mulligan’s TLR, MCE], Group B [SWD, Mulligan’s BLR, MCE]. Pre-interventional and 7th day Post-interventional outcome measurements were taken in the form of Visual Analogue Scale (VAS), Modified Oswestry Disability Questionnaire (MODQ), Active Knee Extension (AKE) Measurement, Lumbar ROM and Core muscle strength.

Results

Intra-group comparison for all the outcome parameters in both the groups showed statistical significance ($p < 0.001$). Inter group comparison for all the outcome parameters had differences but showed no statistical significance.

Conclusions

Mulligan’s Two Leg Rotation and Bent Leg Raise techniques are effective in increasing the hamstrings flexibility in subjects with acute nonspecific low back pain in terms of pain, range of motion and functional disability.

KEYWORDS: Acute Non-Specific Low Back Pain, Hamstrings Tightness, Mulligan’s Two Leg Rotation, Mulligan’s Bent Leg Raise, Motor Control Exercise

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